



# **Hamilton-Wenham Recreation Department**

## **Fall Brochure 2016**

**16 Union Street  
S. Hamilton, MA 01982  
978.468.2178**

**[www.hwrecreation.com](http://www.hwrecreation.com)**

## HAMILTON-WENHAM RECREATION DEPARTMENT MISSION STATEMENT

The Hamilton-Wenham Recreation Department provides a wide variety of programs designed to improve the quality of life for residents by meeting physical and recreational needs. We promote life long lessons through play, education and community wide events.

**Hamilton-Wenham Recreation Department**  
**16 Union St**  
**Hamilton, MA 01982**  
**978-468-2178**  
**[www.hwrecreation.com](http://www.hwrecreation.com)**

### **Office Business Hours:**

**Monday 8am-7:00pm**

**Tuesday 8am-4:30pm**

**Wednesday 8am-4:30pm**

**Thursday 8am-4:30pm**

**Friday 8am-1:00pm\***

**\*Please call ahead for  
appointments on Fridays**



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**Facebook Page!**  
Search for:

### **JOINT RECREATION BOARD MEMBERS**

John Cusolito	Wenham
Len Dolan	Wenham
Denis Curran	Wenham
Steve Ozahowski, Chair	Hamilton
Brad Tilley	Hamilton
Reggie Maidment	Hamilton

The Joint Recreation Board is made up of six members, three residents of Hamilton and three residents of Wenham. The Board meets once a month to discuss various recreation issues.

**The Hamilton-  
Wenham Recreation  
Department welcomes  
your program ideas.  
Please contact the  
office with any  
programming ideas  
and suggestions.**

**978.468.2178**



# POLICIES/INDEX

978-468-2178

[www.hwrecreation.com](http://www.hwrecreation.com)

## COURSE CANCELLATION

Classes that do not attain the minimum enrollment will be cancelled 48 hours prior to the scheduled start date. If cancelled you will receive a full refund. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

## COURSE CONFIRMATION

We DO NOT provide confirmations for program registrations. You will be called if a class is filled and you will be placed on the waiting list. Otherwise, plan on attending.

## MAKE UP CLASSES

All attempts will be made to reschedule classes that have been cancelled due to inclement weather or instructor absence. We are not responsible for making up classes that are missed due to the participants inability to attend.

## INCLEMENT WEATHER

All classes (day and evening) will be cancelled when Hamilton-Wenham Regional Schools are closed. In the event that we need to cancel evening, weekend or summer program/events it will be posted on the voicemail at 978-468-2178 and on our website at [www.hamiltonma.gov](http://www.hamiltonma.gov).

## FILLED CLASSES

You are urged to register as soon as possible. Classes are filled on a first come first served basis. We do not "hold" spots. If your class is filled, you will be placed on a waiting list.

## PARTICIPANT PHOTOGRAPH POLICY

Periodically, the Recreation Department photographs/videotapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purposes.

## NON-RESIDENT FEE

The program fees listed in the brochure are for Hamilton and Wenham Residents. For the Non-Resident rate please add \$5 on top of the program fee unless otherwise stated.

## REFUND POLICY

### 1. FULL REFUND FOR A CANCELLED CLASS.

2. YOU WILL RECEIVE A REFUND MINUS \$10 ADMINISTRATIVE FEE IF YOU NOTIFY THE RECREATION DEPARTMENT AT LEAST 5 DAYS BEFORE THE START OF THE PROGRAM

3. NO REFUND IF YOU CANCEL LESS THAN 5 BUSINESS DAYS BEFORE THE START OF THE PROGRAM

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## WWW.HWRECREATION.COM

Please visit our site to browse activities, register for classes and view any new announcements

### HOW TO REGISTER

**Step 1: visit [www.hwrecreation.com](http://www.hwrecreation.com) and create a user name and password**

**Step 2: Search and Select Activities and add them to your on-line cart**

**Step 3: Pay on-line with credit card (as soon as it becomes available) or mail in your registration form with payment**

**If you do not wish to register on-line\*, we have two other options for registration**

#### Walk-In:

**Recreation Center  
16 Union St, Hamilton MA  
Hours on page 2**

#### Mail to:

**HW Recreation Department  
16 Union Street  
Hamilton, MA 01982**

## REGISTER EARLY!!

**Nothing ends a program faster than waiting for the last minute to register!  
Please make every effort to register early!**



## PUMPKIN FEST 2016

Sponsored by

*The Hamilton-Wenham Recreation Department*

*The Hamilton Fire Department*

*The Hamilton Police Department*

*Hamilton Department of Public Works*

*The Community House*

### October 22

### Begins 12:30 pm

At the Public Safety Building

Organized by the  
Pumpkin Fest Committee

More Information To Come at:

[www.hwrecreation.com](http://www.hwrecreation.com)

# YOUTH PROGRAMS

978-468-2178

[www.hwrecreation.com](http://www.hwrecreation.com)

## **Imagination Station** (Ages babies to 5 with adult )

Enjoy an organized playgroup that gives children an opportunity to run around the gym, participate in a simple craft, enjoy puzzles, use legos, read books, play dress up and just plain ol' have fun! Imagination station is a time for both parents and children to socialize and engage in some playtime. You pay \$5 per day. Non-residents are welcome. Come on down and check it out!!

**Dates:** Fridays, October 7th - November 4th  
Tuesdays & Fridays, November 8th- January 20th  
**Time:** 10:15am - 12:00pm  
**Fee:** \$5 per family, per day  
**Location:** Recreation Center Gym



## **A Step Into Sports** (Ages 3-5) **Instructor(s): Sports Zone 101**

Come join the Sports Zone 101 coaches as we teach the basic fundamentals of a few of our favorite sports and get some exercise in friendly competition with you, your child, and some new friends. We will spend time getting to know each other, learn more about the way our bodies move, and explore new ways to stay active and have fun doing it! We will introduce four core sports: Dodgeball, Soccer, Touch Football, and T-Ball, and help develop your child's sensory and gross motor skills in our exciting Mommy/Daddy and Me program!

**Dates:** Thursday, November 10th - December 22nd\*  
**Time:** 10:00am - 11:00am  
**Fee:** \$80  
**Location:** Recreation Center/Fairhaven Field  
\*No Class 11/24



## **Micro Athletics** (Ages 2-5) **Instructor(s): Knucklebones**

Using unique and age appropriate equipment, Knucklebones has designed a program to enhance gross motor skills, athletic fundamentals, physical exercise, creative movement, and fun! Each class your child will play a myriad of different, skill enhancing athletic activities and games. From learning to kick using RhinoSkin balls to practicing throwing playing Messy Backyard and much more, we make sure your child is active and having fun while developing a passion for play that will stay with them! The entire program is supported using a plethora of unique equipment by the most admired manufacturers and through a variety of contemporary, cultural, nature-based and traditional games.

**Dates:** Thursdays, September 29th - November 3rd  
**Time:** 10:00am - 11:00am  
**Fee:** \$70 per participant  
**Location:** Recreation Center - Fairhaven Field



## **Lil' Rockers**

(Ages 2-5)

**Instructor(s): Knucklebones**

Knucklebones' Lil' Rockers will get your child moving through dance, music making and unique props. Each week your coach will create a class filled with stretches, music (both live and recorded), games and activities. From scarves, ribbons, parachutes and all types of musical instruments, to balancing stones, hula hoops and much more, this class encourages self-expression, movement, gross motor development and fun!

**Dates:** Mondays, September 26th - October 31st

**Time:** 10:15am - 11:15am

**Fee:** \$65

**Location:** Recreation Center

## **Creative Movement**

(Ages 3-4)

**Instructor(s): Samia DeSimone**

Fun filled introduction to dance for boys and girls, with an emphasis on developing each child's imagination, musicality, rhythmic and movement skills



**Date:** Wednesdays, October 5th - November 16th

**Time:** 12:15pm - 1:00pm

**Fee:** \$112

**Location:** Hamilton-Wenham Recreation Center

## **Little Dragons Karate**

(Ages 3-4)

**Instructor(s): Steve Nugent & Staff**

One of the best karate programs in the country taught by four-time world champion Steve Nugent and his staff. This class teaches proper stances, breathing, stretching, discipline, confidence and practical self defense. All uniforms and belts are included in this class

**Dates:** Thursday, October 6th - December 15th\*

**Time:** 4:00pm - 4:30pm

**Fee:** \$170

**Location:** Recreation Center Gymnasium



## **Kick and Play**

Ages (12-24 months)

**Instructor(s): Super Soccer Stars Staff**

Kick & Play is a parent-child pre-soccer and movement program specifically designed for toddlers between 12 and 24 months. Our experienced instructors along with our puppet friends, Mimi & Pepe, take you and your little one through a world of exciting physical activity. Individual attention, positive reinforcement, and engaging original music help to develop pre-soccer skills that will have your toddler learning to balance, run, kick and play – all while having a blast!

**Dates:** Tuesdays, September 20th - November 1st

**Time:** 9:00am - 9:40am

**Fee:** \$96

**Location:** Fairhaven Field

## Micro-Wheels

(Ages 2-5 )

Instructor(s): Knucklebones

Micro Wheels teaches the fundamentals of learning to ride a bicycle without training wheels! Each class your Knucklebones Coach will bring in a variety of unique wheeled and non-wheeled products to help build gross motor skills, balance and confidence. Class will begin with a brief stretch and activity to get participants up and moving. From there we will introduce a new activity involving wheeled vehicles such as scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. As well, we will include an array of diverse games and activities such as balance beams, balancing stones, street signs, an obstacle course and more to help these determined drivers develop the skills needed to ride safely, successfully and have FUN! Proper sneakers and long pants are required.

Dates: Wednesdays, September 28th - November 2nd

Time: 10:00am - 11:00am

Fee: \$70

Location: Recreation Center Gymnasium



## Pre-Ballet

(Ages 5-6)

Instructor(s): Samia DeSimone

This is an introduction to the fundamentals of classical Ballet for boys and girls. The Children will be guided and encouraged to explore and achieve their own unique potential and personal expression in positive learning environment. The program will meet the levels of individual need and aspire to increase self-confidence, creativity and knowledge of how arts and dance can positively influence a young child's life.

Date: Wednesdays, October 5th - November 16th

Time: 1:00pm - 1:45pm

Fee: \$112

Location: Hamilton-Wenham Recreation Center

## Pre-K Mini Sports

(Ages 2-5)

Instructor(s): F.A.S.T Athletics

This program is a combination of warm-up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students.

Dates: Fridays October 14th - November 18th \*

Time: 9:00am - 10:00am

Fee: \$80

Location: HW Recreation Center Gymnasium

No Class on 11/11





## Super Soccer Stars

Ages (2-5)

Instructor(s): Super Soccer Stars Staff

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

### Fall Session 1

Dates: Tuesdays, September 20th - November 1st

Time: Ages 3-4, 9:45 - 10:30am

Fee: \$112

Location: Fairhaven Field

### Fall Session 1A

Dates: Sundays, September 25th - November 6th

Time: Ages 3-4, 9:00am - 9:45am

Ages 2-3, 9:50am - 10:30am

Ages 4-5, 10:35am - 11:25am

Fee: \$112

Location: Fairhaven Field

### Fall Session 2

Dates: Saturdays, November 12th - December 17th\*

Time: Ages 2-3, 10:15am - 10:55am

Ages 3-5, 11:00am - 11:45am

Fee: \$80

Location: Fairhaven Field

\* No Class November 26th



## Super Soccer Stars

### Shine Program

Ages (5-12)

Instructor(s): Super Soccer Stars Staff

Super Soccer Stars Shine Program uses soccer as a vehicle to teach life skills to individuals with developmental and intellectual disabilities including but not limited to, Autism Spectrum Disorders, Down Syndrome, ADHD and PDD-NOS. We work with a developmentally-appropriate curriculum designed by licensed educators and therapists that promotes the complete growth of each individual and encourages players to improve at his or her own pace. We use soccer to enhance peer interactions and provide a safe environment for players to increase social potential. Our low player-to-coach ratio ensures that individuals receive continuous support and personal attention.

Dates: Sundays, September 25th - November 6th

Time: 11:30am-12:15pm

Fee: \$150

Location :Fairhaven Field

# YOUTH PROGRAMS

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[www.hwrecreation.com](http://www.hwrecreation.com)

## Karate

(Ages 5-14)

**Instructor(s): Steve Nugent & Staff**

This program provides introductory karate skills, teaches proper stances, breathing, stretching, self-discipline, coordination and practical self defense. All uniforms and belts are included.

**Dates:** Thursday, October 6th - December 15th\*

**Time:** Ages 5-8, 4:30pm - 5:15pm

Ages 9-14, 5:15pm - 6:00pm

**Fee:** \$170 per participant

**Location:** Recreation Center Gymnasium

\*No class November 24th



## Youth Running Program

(Ages 6-12)

**Instructor(s): Stacey Labell and Eileen Tran**

Want to learn to run, improve your running, or just stay active this fall? Would you like to train for a fall race? Join us for a FUN running program that will focus on proper warm-up, running technique, cool down, and stretches. We will utilize many games and age appropriate running activities to make you an all-around better athlete. Bring a water bottle and appropriate sneakers for running. The Youth Running Program is for boys and girls. T-Shirt included. Parent volunteers are welcome to join us. Sponsored by the EAAT Foundation.

**Dates:** Wednesdays, September 28th - November 2nd

**Time:** 1:15pm - 2:15pm

**Fee:** \$20

**Location:** Patton Park



## Golf Lessons

(Grades 3-6)

**Instructor(s): Wenham Country Club**

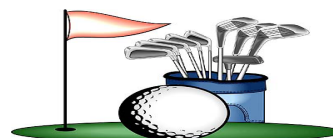
These lessons will introduce beginning or novice golfers to the fundamentals of the golf swing, including balance, tempo, and timing. All aspects of the game will be covered, such as, driving, iron play, chipping, and putting. Participants need to bring their own clubs.

**Dates:** Mondays, September 19th - October 3rd

**Time:** 5:00pm - 6:00pm

**Fee:** \$59

**Location:** Wenham Country Club



# YOUTH PROGRAMS

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[www.hwrecreation.com](http://www.hwrecreation.com)



## **Softball Clinic** (Ages: 6-8, 9-11, 12-14) Instructor(s): F.A.S.T. Athletics

F.A.S.T. Athletics will be working with top prospect instructors, creating a fall ball instructional program. This particular program will break down the fundamentals of all aspects of the game to help provide guidance for the players to have a winter workout plan as well as increase player confidence! New and experienced players welcome!

**Dates:** Sundays, September 25th-October 30th

**Time:** Ages 6-8 1:30pm-2:30pm

Ages 9-11 2:45pm-3:45pm

Ages 12-14 3:45pm-4:45pm

**Fee:** \$70

**Location:** Cheeseman Field



## **Baseball Clinic** (Ages: 3-6, 7-10, 11-12, 13-14) Instructor(s): F.A.S.T. Athletics

F.A.S.T. Athletics will be working with top prospect baseball academy creating a fall ball instructional program. This particular program will break down the fundamentals of all aspects of the game to help provide guidance for the players to have a winter workout plan as well as increase player confidence! New and experienced players welcome!

**Dates:** Sundays, September 25th - October 30th

**Time:** Ages 3-6, 9:00am - 9:45am

Ages 7-10, 10:00am - 11:00am

Ages 11-12, 11:00am - 12:00pm

Ages 13-14, 12:30pm-1:30pm

**Fee:** \$70

**Location:** Cheeseman Field



## **Co-Ed Gymnastics** (Ages 5+)

**Instructor(s): Iron Rail Gymnastics Staff**

Children receive gymnastics instruction on all Olympic events and trampoline. Classes emphasize the learning of basic skills, developing strength and flexibility and self-confidence. This program is designed for students who wish to participate in the sport of gymnastics on a recreational level. Children are placed into groups according to age, ability and friendship with other class mates. The emphasis is placed on fun and learning the basic skills in gymnastics.

**Dates:** Wednesdays, September 28th - November 16th

**Time:** 1:30pm - 2:30pm

**Fee:** \$125

**Location:** Iron Rail Gymnastics Center



# YOUTH PROGRAMS

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[www.hwrecreation.com](http://www.hwrecreation.com)

## Co-Ed Rec Volleyball Clinic

(Grades 5-8)

Instructor(s): Rob Weiner

Join Rob Weiner assistant volleyball coach at Hamilton-Wenham Regional High School for 6 weeks of volleyball skill, drills and fun. Each week we will focus on a particular skill (hitting, passing, setting, rotation, serving and sprawling) and we will also scrimmage. All levels are encouraged to attend.

Date: Sundays October 2nd-November 6th

Time: Grades 5-6 5:30pm-7:00pm

Grades 7-8 7:00pm-8:30pm

Fee: \$75

Location: HW Recreation Center Gymnasium



## Eco Engineers

(Ages 6-12)

Instructor(s): Wicked Cool Kids

Reduce, reuse, and recycle to create, design, and build fun new gadgets and gizmos! We'll integrate some "green" into our engineering challenges by repurposing objects to build wind powered cars and an Xmas light quiz board. Design eco-friendly experiments to test solar power, water quality, and see what's in your food. Going green is wicked cool!

Dates: Monday, November 7th - December 12th

Time: 4:00pm -5:00 pm

Fee:\$110

Location: Hamilton-Wenham Recreation Center

## Archery

(Ages 8-Adult)

Instructor(s): On Site Archery

During this six week program participants will learn to shoot a bow and arrow with Archery USA in this Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.

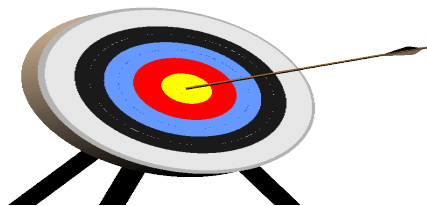
Date: Saturdays, October 10th - December 10th\*

Time: 9:00am - 10:00am

Fee:\$140

Location: Hamilton-Wenham Recreation Center

\*No Class 10/15 & 11/5



## Floor Hockey

(Grades 3-6)

SportsZone 101

The school gym, field, or outdoor court will feel just like the Boston Garden during our Street Hockey Showdown program. Participants will receive weekly lessons in the fundamentals of hockey, including passing, spacing, communication and technique, followed by a time of team play.

Dates: Tuesdays, October 11th - November 15th

Time: 3:45pm - 4:45pm

Fee:\$80

Location: Hamilton-Wenham Recreation Center

[www.hwrecreation.com](http://www.hwrecreation.com)



978-468-2178



# **YOUTH PROGRAMS**

**978-468-2178**

**[www.hwrecreation.com](http://www.hwrecreation.com)**

## **Horseback Riding**

**(Ages 6 - 12)**

**Instructors: Castle Neck Farm Staff**

Castle Neck Farm offers high quality instruction in English hunt seat riding. The program provides a strong emphasis on knowledge, preparation, and safety. A proper foundation of the fundamentals is the best way to begin your riding experience. Each child will learn basic handling and grooming skills as well as focus on learning riding fundamentals. Several of Castle Neck's students have achieved success in competition from the local level all the way to National Championships. Let Castle Neck help your children get started in the exciting sport of horseback riding. Castle Neck will provide helmets but please wear hard sole shoes with a heel (no sneakers) and full length pants (no shorts).

Please contact Castleneck Farms or the Recreation Department to set-up class times.

**Date: 4 week sessions**

**Time: TBD, Schedule times at 978-768-7998**

**Fee: \$199**

**Location: Castle Neck Farm, 106 Choate Street, Essex**

## **Babysitting Training**

**(Ages 11+)**

**Instructor(s): Debbie LaFlamme**

The one day workshop will cover how to have a safe babysitting experience. Some of the topics include: Basic First Aid, infant and toddler care, creative activities for young children and much more. Please pack lunch or snack.

**Dates: Sunday, October 16th**

**Time: 9:00am - 1:00pm**

**Fee: \$35**

**Location: Hamilton-Wenham Recreation Center**

## **MORE PROGRAMS**

**Please make sure to routinely check our website "[www.hwrecreation.com](http://www.hwrecreation.com)" and facebook page "Hamilton-Wenham Recreation" as we will be adding more sessions, programs and activities to our offerings. In most instances our department needs to make a decision on whether or not a program will run at least a week in advance. If possible, we ask that folks try to register early for our classes and programs.**

# FAMILY PROGRAMS

978-468-2178

[www.hwrecreation.com](http://www.hwrecreation.com)

## Herbal Toiletries for Green Body Care

Instructor: Iris Weaver

You can take care of your body without unnecessary chemicals and high costs. Learn how to make your own body and facial scrub, deodorant, tooth powder and more in this educational class. We will make a facial/body scrub, tooth powder, and deodorant. You will go home with samples and recipes for these products and more. After this you'll always be able have your own green body care! Materials included in class fee.

Date: Thursday, October 6th

Time: 7:00pm - 8:30pm

Fee: \$55

Location: HW Recreation Center



## Celebrate the Fall Harvest!

Instructor: Mass Horticultural Society

As the seasons begin to change, Mass Hort's Plantmobile will share stories, crafts and activities that help kids understand how plants grow, survive the winter, and give life to people and animals in Massachusetts and beyond!

Date: Saturday October 1st

Time: 10:30am-11:30am

Fee: \$15 per family

Location: HW Recreation Center



## Garden Crafts

Instructor: Mass Horticultural Society

Use dried flowers and leaves, fruits and vegetables, and other plant matter to make beautiful and fun crafts to decorate your home and give as gifts! Let Massachusetts Horticultural Society show you how.

Date: Saturday October 22nd

Time: 10:30am-11:30am

Fee: \$15 per family

Location: HW Recreation Center



# ADULT PROGRAMS

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[www.hwrecreation.com](http://www.hwrecreation.com)

## Co-Ed Adult Volleyball (Ages: Adults)

Join us for some adult pick up volleyball. You must register for the entire season. This is a great way to exercise and have fun!

Program will run on Thursday nights, 7:30-9pm at the Pingree School in Hamilton. Starting in Mid October. Exact dates are TBA please check our website at [www.hwrecreation.com](http://www.hwrecreation.com) for details



## Adult Pickleball (Ages - Adults)

Try out the fastest growing sport around! Similar to ping pong, badminton, and tennis, it is a fun, active game that can be mastered by anyone and is currently the fastest growing sport in the United States. Equipment will be provided and all levels of experience are welcomed.

### Fall Session, All Levels (Outdoors)

Dates: Mondays, Wednesdays, Fridays

September 5th- October 31st

Time: 10:00am-12:00pm

Fee: FREE\*

Location: Patton Park Tennis Courts

\*PLAYERS MUST PRE-REGISTER BEFORE PLAYING

### Instructional/Open Play (Indoors)

Dates: Tuesday, Thursday & Friday

Time: 12:30pm - 2:30pm

Fee: \$3 drop in rate

Location: Recreation Center Gym



### Advance Play (Indoors)

Date: Mondays & Wednesdays & Saturdays, November 7th- January 14th

Time: Monday & Wednesday, 10:00am-12:00pm

Saturday, 5:30pm - 7:30pm

Fee: \$3 drop in

## Walking Pass

**Instructor(s): No Instructor**

Enjoy the Bennett Center walking track for free. Come take advantage of this great opportunity for indoor walking space. Please register at the Recreation Department to receive your FREE pass.

Date: Monday, Wednesday and Friday

Time: 9:30am-11:30am

Fee: FREE

Location: Gordon College Bennett Center

\*You must have a pass to participate.

# ADULT PROGRAMS

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[www.hwrecreation.com](http://www.hwrecreation.com)

## Water Exercise

**Instructor(s): Gordon College Staff**

Feeling sore when you wake up in the morning? Need a low impact way to work out? Join our water exercise class at Gordon College. This class is a great way to relieve stress and work out without causing undue pain to your body. Enjoy a morning in the pool getting back into shape!

### Morning Session

**Date: Tues & Thurs, September 20 - December 8\***

**Time: 10:00am-11:00am**

**Fee: \$66**

**Location: Gordon College Pool at the Bennett Center**

**\*No Class Nov 24**



### Evening Session

**Date: Tues & Thurs, September 20 - November 15**

**Time: 8:00pm-9:00pm**

**Fee: \$48**

**Location: Gordon College Pool at the Bennett Center**

## Lap Swimming Passes

**Instructor(s): No Instructor**

Join us at the Gordon College Bennett Center for open lap swimming. You must register with the Recreation Department to get your swimming pass. This pass allows you to lap swim during the days and times shown below. However, times may change due to the college's activity schedule. **Please check with the Bennett Center for exact days and times. (Bennett Center 978-867-3737)** Locker rooms and showers facilities are available.

**Location: Gordon College Pool at the Bennett Center**

**Resident Price: \$65 (20 visit pass)**

**Non - Resident Price: \$80 (20 visit pass)**

## Nia®

**(Ages - Adults )**

**Instructor: Susan Guest**

MOVE your body! Use dance and the martial arts to achieve better health. Join us for a safe and energizing non-impact movement practice.

Nia incorporates the Joy of Movement. Have fun while getting stronger! This 55 minute movement practice uses basic moves and infuses dance, martial arts, and yoga to provide movement variety. We work on improving strength, agility, mobility and balance. We will lubricate the joints, tone and stretch the muscles and get your heart rate up. This class is done at your level and will leave you feeling rejuvenated and relaxed. Give it a try! Go to [Nianow.com](http://Nianow.com) for more information.

**Date: Mondays, Sept 12th-Oct 31st**

**Time: 9:00am-10:00am**

**Fee: \$48 for 7 weeks or \$8 drop-in**

**Location: Recreation Center Gym**



# ADULT PROGRAMS

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[www.hwrecreation.com](http://www.hwrecreation.com)

## North Shore Boot Camp Co.

Instructor(s): B & S Fitness

[www.bnsfitness.com](http://www.bnsfitness.com)

978-204-8588

Boot Camp is designed for every level and will improve the current level of fitness of everyone that participates. All aspects of fitness (cardio, strength, flexibility and nutrition) are covered which will give you the kick start you need to get on the road to optimum health. We evaluate your current fitness level on the first day and last day to track your progress and improvements. This program is designed to keep you motivated, disciplined and structured so you will not only see great results you will also have a great experience. All levels will greatly benefit from this program – if you think it is not for – think again, it is for everyone.

**\*\*Boot camp is a combination of a Cardio and Core Training Class (Tues & Thurs) and a Full Body Strength and Conditioning Class (Mon & Wed). These classes can also be registered for individually. All Registration is through B & S Fitness\*\***

Contact BnS Fitness for class schedule and registration information

## You Can Afford College If...

(Ages: Adults)

Instructor(s): Don Anderson - College funding Advisors

You PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful.

Financial Aid goes to the families who plan in advance - ideally before December 31st of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the years before college. **RE-MEMBER:** Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com)

Date: Wednesday, October 5

Time: 6:30pm-8:30pm

Fee: FREE

Location: Recreation Center



## MORE PROGRAMS

**Please make sure to routinely check our website “[www.hwrecreation.com](http://www.hwrecreation.com)” and facebook page “Hamilton-Wenham Recreation” as we will be adding more sessions, programs and activities to our offerings. In most instances our department needs to make a decision on whether or not a program will run at least a week in advance. If possible, we ask that folks try to register early for our classes and programs.**

[www.hwrecreation.com](http://www.hwrecreation.com)

978-468-2178

# Recreation Registration Form

978-468-2178

www.hwrecreation.com

## HAMILTON-WENHAM RECREATION DEPARTMENT

16 UNION STREET  
HAMILTON, MA 01982  
978-468-2178  
WWW.HAMILTONMA.GOV

Please fill out one registration form for each person.

Last Name (participant)	First Name (participant)	Date of Birth & Grade as of 9/08
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Street Number	Town/Zip	Parents Name
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Home Phone	Work Phone	Cell Phone
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Email	Emergency Contact	Phone #
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Activity Name	Day	Location	Class Time	Start Date	Fee
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Activity Name	Day	Location	Class Time	Start Date	Fee
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Activity Name	Day	Location	Class Time	Start Date	Fee
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## HAMILTON – WENHAM RECREATION DEPARTMENT CONSENT & RELEASE FORM

I, the undersigned, do hereby consent to the participation of \_\_\_\_\_

(Name of Participant)

in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department. I understand that the Hamilton/Wenham Recreation Department recommends that the participant undergo a complete physical before beginning participation. Any limitations on participation are listed below. I agree to forever release, acquit, discharge and covenant to hold harmless the Hamilton/Wenham Recreation Department and its employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreational programs of the Hamilton/Wenham Recreation Department (collectively the "Releasees") from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have in my individual capacity or, if the participant is my minor child or ward, as parent or guardian of said minor. I also agree to forever release, acquit, discharge and covenant to hold harmless the Releasees from any and all claims, rights of action and causes of action on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which said minor has or hereafter may acquire, either before or after he/she has reached his/her majority, resulting from his/her participation in a program of the Hamilton/Wenham Recreation Department.

I understand that my or the minor's participation in these programs is voluntary and that the minor or I are free to choose not to participate in said programs. I have read this Consent and Release Form and I understand the contents of this form.

Periodically, the Recreation Department photographs/video tapes program participants for promotional use. Unless the participant/guardian informs us of their desire not to be photographed, the Recreation Department will use photographs/videotapes for their promotional purpose.

www.hwrecreation.com

978-468-2178

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16 UNION STREET  
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www.hwrecreation.com

978-468-2178



# Hamilton-Wenham Recreation Department

16 Union Street Hamilton, MA 01982

**(978) 468-2178**

**OFFICE HOURS**

<b>Monday</b>	<b>8:00 AM - 7:00 PM</b>
<b>Tuesday - Thursday</b>	<b>8:00 AM - 4:30 PM</b>
<b>Friday</b>	<b>8:00 AM - 1:00 PM</b>

**Due to limited staff there may be times that the office is  
closed to attend department business.**